

START TOMORROW  
AND KEEP IT UP  
EVERY MORNING

Get into the habit of drinking a glass of hot water before breakfast.

Millions of folks bathe internally instead of loading their systems with drugs. What's the secret? Easy. It is guaranteed to perform miracles according to water enthusiasts.

People who suffer from men and women who immediately upon arising in the morning, drink a glass of hot water with a teaspoonful of lime juice. The result is a new day's very excellent health measure. It is intended to flush the stomach, liver, kidneys and bowels. It is a new day's cure. Your bile and indigestible material left over in the bowels which is not eliminated every day, is the cause of the formation of bacteria which infect the bowels. A quick result is poisons and toxins which are absorbed into the blood stream. The result is a host of ailments, such as, skin troubles, foul breath, bad taste, cold stomach trouble, kidney misbehavior, constipation, pure blood and a sort of ailments.

People who feel good one day and badly the next, but who simply do not know the cause, should obtain a quarter pound of limestone phosphate at the drug store.

**"Gets-It" Peels Your  
Corns Right Off**



There's No Corn "Gels-It" Will Not "Get."  
 is "Gels-It" It is because of this fact that "Gels-It" is today the biggest seller among corn-removers on the planet. It means the end of "corn chaffing." For hard corns, soft corns, very old corns, ingrown corns, corns between the toes and calluses, it means a quick, certain finish. "Gels-It"

... 2 or 3 seconds. If you need 2 or 3 drops. As easy to do as signing your name. It does away for ever with tape, plasters, bandages, knives, corn-siggers, scissors, files and blood-bringing razors. Ease your corn-pains, be corn-free at last.

"Gell," the only sure, guaranteed money-back corn-remover, costs but a trifle at any drug store. MFG. by E. Lawrence & Co., Chicago, Ill.

# CATARRH

Stop canine colds, stop the often  
quit swallowing the pneumonia ma-  
Overcome catarrh of the lungs  
fluoresce or head ache. No more  
to dose yourself, use nothing, healing  
medicated vapor. Get DR. BROSS' C-  
CATHETER, a stimulant of the action  
of and 10 cts. (silver or  
stamped) for Health Book and Free  
Fruit Packings to Sinner Co., CA-11  
Atlantic City, Mo. Many wonder if  
relief after years of suffering  
after all have failed. Keep and show  
others the ad's.—Adv.

**Results From Herald Ads**

**YEAR FOR XMAS**

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ear .....	\$1.75

Year .....	\$2.75
Year .....	\$3.75

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